

Together WE ARE Building

Our Red Sea Community



*January 27, 2010
Vol. 2, No. 2*

BREAKING NEWS

Kcomm.info and **ORSC** (Our Red Sea Community) newsletter have joined their distribution lists to provide about 450 households with our relevant community information.

Removing your name from our list is not a problem if you would rather not receive this weekly newsletter (E/o Monday = lite; E/o Wednesday = big). Just email: abgwsa1@yahoo.com (BTW- that is the number 1 not the letter l in front of yahoo).

AN Apology is DUE: Printing “news” without checking its accuracy is a really big no-no, and I DID IT! The Economic City environment is not yet ready for our business – or much else. We went last weekend: drove around, walked around, and looked for signs of activity. Neither the Radisson (which we didn’t exactly locate) nor the Bay La Sun (which we did find) is ready to open its restaurant or beach facilities. My announcement was definitely premature. **I apologize to you and to my husband** for building up expectations in advance of possibilities. It **was** a nice ride 20 km north, however. See the pictures on pages inside.

Last week, the Mini-Monday newsletter made its debut. The Tamimi market’s specials were included in its pages. One more week for those items at those prices.

The next Mini-Monday newsletter (Feb. 1) will feature new sales and new prices.

On the following pages you will find:

- Neighbor news
- News to know
- Travel ideas
- Food/Recipes/Health
- Potpourri



If you want a copy of your own, drop me a note at abgwsa1@yahoo.com;

If you want me to **stop** sending you the newsletter, drop me a different note.

REMEMBER: kcomm.info = your wider community resource; and **now** there’s a (wiki) community calendar to which you can directly send your events: kcommcalendar@gmail.com

If you have an idea for a topic, or if you have information to share, **PLEASE** send me your contact or the information **ASAP**.

And, if you would like to help gather information or do some reporting, that too would be **VERY VERY** welcomed. **In fact**, why not put something original together (I’ll help you with the English, if needed) about a trip, an experience, a place you want to share with others. **Send it on!**



Rabab (or Ruby or Rubz, as she's known by family and friends) W. moved to KAUST this past August. Leaving Cairo, Egypt, meant leaving her friends, family and job at the American University in Cairo. It also meant, however, that she was finally joining her husband here at KAUST; he moved here last June. For Ruby, KAUST is synonymous with multicultural enjoyment and excitement. She is "learning a lot from the different KAUST groups and [is] glad to be working with people who are proactive in wanting to make KAUST [the best it can be]."

Ruby spends her time in a variety of ways: helping her non-Arabic friends with their Arabic lessons, riding her bicycle around campus (something she wasn't able to do "in the buzzing city of Cairo"), reading, yoga and meditation. She is hoping to form a meditation group at some point in time. She is especially happy now that the KAUST transportation office offers weekly trips to Mecca (Makkah). [This interview was conducted by Eman Abdulla Muawia.]

Maaz G. is proof that Linked-In, a personal network, and a little bit of good timing can result in employment. As an (IT) business and communication specialist, Maaz was already working in Riyadh for 5 years when he was invited to join KAUST. With the Riyadh project ending, it definitely seemed like a really good idea! He was Linked-In networked when someone saw that he had IT skills, and barely more than 4 weeks later he was walking on KAUST campus grounds. Together with his wife and 18-month-old daughter, Maaz is making Thuwal his home. And if you think computers are the extent of his experience, just check out the Jarir bookstore next month; they'll be selling The Inspired Manager, the book he, Maaz Gazdar, co-authored.

Though Maaz and his wife miss their friends in Coventry, England, Saudi Arabia and the region has become a fond second home where friends and activities continue to feel like home.



My name is Mia Hughes and I am ten years old. I am British and have lived on the Isle of Wight on the south coast of England. We came to KAUST because my father is employed here as a watersports specialist for the Recreation Department.



In my free time I go to the beach, go cycling, play with my friends and go to the Harbor Library.

I miss all of my friends, family, my dog, my school and cold weather.

What I like about KAUST are my new friends, my teachers - Ms Brenzia and Mrs Norseth - and the library. [This interview was conducted by Eman Abdulla Muawia.]

The next **Wednesday** issue (out on Feb. 10) will feature interviews with people who know about plants. [Monday mini's don't have (don't "do") interviews – yet.]

News to Know

KAUST MOSQUITO CONTROL SCHEDULE (SPRAYING PROGRAM):

ISLAND RESIDENTIAL -	Monday / Thursday	4-6 A.M.
TOWN CENTER, KAUST SQUARE, GRAND MOS, GARDEN HOUSES	Friday / Tuesday	4-6 A.M.
SCHOOLS, CLINIC, GAS STATION & CONNECTING ROADS	Saturday / Wednesday	4-6 A.M.
GOLF COURSE AND ROAD NET WORKS	Sundays	4-6 A.M.
CENTRAL SERVICES AREA	Sunday / Wednesday	6-10 P.M.
UTILITIES	Saturday / Tuesday	6-10 P.M.
KAUST GATES & PERIMETER FENCE	Friday / Monday	6-10 P.M.



Why You Should Use Mosquito Repellent: Insect repellent helps reduce your exposure to mosquito bites that may carry West Nile virus or other diseases, and allows you to continue to play, work, and enjoy the outdoors with a lower risk of disease.

Which Mosquito Repellents Work Best: A wide variety of insect repellent products are available. CDC recommends the use of products containing active ingredients which have been registered with the U.S. Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing.

Of the active ingredients registered with the EPA, two have demonstrated a higher degree of efficacy in the peer-reviewed, scientific literature. Products containing these active ingredients **typically provide longer-lasting protection than others:**

DEET (Chemical Name: N,N-diethyl-m-toluamide or N,N-diethyl-3-methyl-benzamide)

Picaridin (KBR 3023, Chemical Name: 2-(2-hydroxyethyl)-1-piperidinecarboxylic acid 1-methylpropyl ester)

Products containing these active ingredients typically provide **reasonably long-lasting protection:**

Oil of Lemon Eucalyptus* or **PMD** (Chemical Name: para-Menthane-3,8-diol) the synthesized version of oil of lemon eucalyptus

IR3535 (Chemical Name: 3-[N-Butyl-N-acetyl]-aminopropionic acid, ethyl ester)

Oil of lemon eucalyptus [p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET.

In addition, certain products which contain permethrin are recommended for use on clothing, shoes, bed nets, and camping gear, and are registered with EPA for this use. Permethrin is highly effective as an insecticide and as a repellent. Permethrin-treated clothing repels and kills ticks, mosquitoes, and other arthropods and retains this effect after repeated laundering. The permethrin insecticide should be reapplied following the label instructions. Some commercial products are available pretreated with permethrin. **Permethrin is not to be used directly on skin.**

Are you recycling? This special truck wants your recyclables.



AND, don't forget to use canvas bags or your new **KAUST** burlap shopping bag **WITHOUT** your groceries first going into a plastic bag at the checkout.

Otherwise, **what's the point?**

THE 5K FUN RUN came and went. Did you participate? From what I've been told, almost the whole of **KAUST** was in fine form at the starting line last Thursday. **SO**, did you see who came in across that line?



That's Siguron Jonsson (3rd), David Evans (1st), and Dillon Fritz (2nd) (left to right)

Maya Fritz (3rd), Gowry Hodge (1st), and Pam Coleman (2nd) (left to right)

This is what math teacher, David Evans, had to say about young participants: "I was particularly proud of the KAUST school kids who did the race. 5km is a long way to run, even for a high school kid, so it was pretty amazing to see how many kids were able to complete the distance and enjoy in this great community event. It was even more satisfying, as the teacher of many of them, to see so much obvious enthusiasm for the challenge presented. As I conveyed to a number of them the following Saturday at school, the discipline gained through sports, or the arts, can have lots of positive impacts on academics as well." **Well said !**

Water Delivery to Your Doorstep (info from Melinda L.)

Al-Manhal delivery truck passes by every Saturday (btwn. 12 - 2 p.m.) delivering 5-gallon / 19-liter water bottles to your doorstep. All you have to do is put your empty 5-gallon bottle on the front porch along with a voucher and they will replace it with a full bottle on their Saturday rounds.

You need to buy either a water dispenser (counter top or stand-alone like the ones at the Gym) or a water pump "thing" (available at big Tamimi for around 17 SAR). Water dispensers are available at all big supermarkets in Jeddah; we got ours from Hyper Panda (Mall of Arabia). I have also seen them at Danube (Red Sea Mall). Any brand will do - the bottles are standard @ 5 gallons/19 liters. Stand-alone dispensers are 260-300 SAR.

Here is the real deal!! The voucher booklet (which will be handed to you by Al-Manhal on their first visit) is 235 SAR and has 50 vouchers in it which means that it costs approx 4.7 SAR for a 5-gallon bottle. And, of course, there's no hassle carrying water from the supermarket anymore!

Contact: Al-Manhal Jeddah office, (02) 608-0000 ext. 109 and 608-0697.

TONIGHT - in Jeddah - **5 -8 pm** = Book Signing – **At the Drop of a Veil** by Marianne Alireza; 12 Al Zebe Villas in the Al Hamraa District; call Sara Alireza 0505663719 or Rabya Alfadl 0505350886 for further information.

Jan. 29 & Feb. 5 – 3-6 pm = Badminton Doubles Round-Robin, sign up required

Feb. 2 – 9-11 pm = Bowling Tournament, sign up by Feb. 1st

Feb. 4 – 7:30-9:30 pm = Ecology movie – "Tara, Journey to the Heart of the Climate Machine" – shown on Discovery Square

Feb. 8 – 10-11:30 am **and** again from 7-8:30 pm – **new Harbor Library** program "Welcome to my Country" – monthly presentations by people of other countries. This first presentation will be of Saudi Arabia by Ms. Lamees Basfar, Library Services Assistant from the KAUST University Library. Listen to her in the Seminar Room of the Harbor Library.



Starting today, we have our very own veterinary service here on campus. Dr. Jaclean will be here weekly and then, when her clinic is built, she will be available daily (or so). **HOURS: Wednesdays 11 am-5 pm**; for appointments, call Dr. Jaclean Dadulla at 054 5489133 for an appointment. She will be in the self-standing building in the “middle” of Discovery Square.



TRAVEL:

Tarut or Tarout Island:

Tarut or Tarout means goodness and beauty in the Semitic languages. Historians differ on the correct name for it. Today, however, most of the new researchers argue that the correct name is "Ashtarut " because the Canaanites and Phoenicians, who originally lived there, idolized the beauty of the town and called it Ashtarut. The term Ashtarut is also very similar to the new name Tarut, if we delete the first syllable.

Present time has forgotten it and its treasures, and it needs to be dusted off. When you are walking in its old villages, you will see adjoining houses that are built from mud and stone with narrow alleyways, too. Their presence is in the distant past. When looking at the houses, you can imagine generations that have long passed. This island is Tarut.

Tarut Island belongs to Qatif city in the Eastern province of Saudi Arabia. It was a place of economic migration because of its important strategic location and it was a trade center between Indian contraries, the Arabian Peninsula and Iraq. In addition, it has a lot of natural resources, including pearl fisheries and date farms.

From time to time, Tarut's people have accidentally discovered deposits of antiquities. For example, some automobile repair shop owners were renovating their workshop and they found tombs dating back to 2000 BC. Another example is of a farmer who discovered precious stones and jars when he was working on his farm.

Tarut Castle is the most famous castle in the Eastern Province of Saudi Arabia and the oldest castle in the Persian Gulf. Tarut castle was built by the Portuguese in the 16th century, on the rubbles from an event 5 thousand years before. It is located in the center of the island.



FOOD/RECIPES/HEALTH

Vanilla cake recipe from Aida Hoteit's kitchen

A very easy and simple weekly cake I bake for my family.

3 eggs
170g sugar (3/4 C)
160g flour (5.6oz)
1 tsp baking powder
170g butter (3/4 C)
1 vanilla bean*

* If you do not have a vanilla bean, you can use 1 tsp or more of vanilla essence.

Pre-heat the oven to 180°C.

In a bowl, whisk the egg with the sugar until the mixture whitens a bit (for about 3-5 mins). Then slowly add the flour.

In the meantime, melt the butter and add it to the beaten mixture. Cut the vanilla bean in half and scrape out both halves and add to the mixture. Pour into a greased baking dish (rectangular one for cakes is best) and bake for 40 minutes. ENJOY

POTPOURRI

Have you been learning? Lots of GREAT WEP sessions are yet to come and those already held have been well attended.

Don't forget to write about that spacey object on display on the spine and send your description to me before the next Mini-Monday issue (out on the 1st of February)!

Kids programs: Weekly at the Harbor Library

TOT Tuesdays: Tuesday mornings, 9:30 a.m. – 10:00 for 1-3 year olds with moms or caregivers. Library staff will do stories & songs.

Rhythm Time: Friday mornings, 11:00 – 11:30 for 0-3 year. Session leader: Sheng Li.

Sing with Mr. Jeremy: Thursday mornings, 11:00-11:45 for 3 year olds – 2nd graders. Come and sings songs and listen to stories from K4 teacher, Jeremy Occhipinti.

And, if you have any **Book Suggestions**, **please** submit any ideas you have for library material during the next two months. The remaining collection is now being formed and we need to know what you want for the library. Come by and fill out a request form. Please **check first** to see if we already have it or not. Any type of medium will be considered.



Did you know that the **BIG** Tamimi Market will **deliver** your groceries to your home if you ask when you're there? **1**

I thought I heard that! Did **YOU** know most of the restaurants on the Square deliver if you call and order? **2**

You're so tiny and yet what you like most is going somewhere to eat! But I'm hungry, now too.
Let's GO ! 4

What a great service they are providing! Just talking about food has made me hungry.
Let's go eat! **3**

Economic City in Pictures (last Thursday, Jan. 21)

